

Daily Affirmations- November 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Tues. Nov 1 st	Patience is a must!
Wed. Nov. 2 nd	This is not the end of my story!
Thurs. Nov. 3 rd	Learn from yesterday, Live for today, Hope for tomorrow.
Fri. Nov. 4 th	Pray continuously
Sat. Nov. 5 th	One day at a time.
Sun. Nov. 6 th	Forever & never is NOT an option!
Mon. Nov. 7 th	Stop...and count your blessings.
Tues. Nov. 8 th	If you can't love me at my worst...you don't deserve me at my best.
Wed. Nov. 9 th	Today I CHOOSE to love me!
Thurs. Nov. 10 th	You Choose the path you take...OWN it!
Fri. Nov. 11 th	Fear looks back, Faith looks forward.
Sat. Nov. 12 th	I have a plan....says God.
Sun. Nov. 13 th	The mind is the battlefield.
Mon. Nov. 14 th	Children are gifts from above.
Tues. Nov. 15 th	Treat others as you want them to treat you.
Wed. Nov. 16 th	Why worry about the speck in your friend's eye.
Thurs. Nov. 17 th	Positive thinking+ positive results.
Fri. Nov. 18 th	Always stay humble and teachable.
Sat. Nov. 19 th	If you don't change direction...your end up where you're heading!
Sun. Nov. 20 th	Laugh when you can, apologize when you should, let go what you can't change, life is too short to be miserable.
Mon. Nov. 21 st	Forgiveness is really a gift to you.
Tues. Nov. 22 nd	The key is to forgive from the heart, not the mind.
Wed. Nov. 23 rd	The darkest night ...is often the bridge to the brightest tomorrow.
Thurs. Nov. 24 th	I will give thanks for the bloom and the thorn.
Fri. Nov. 25 th	Giving thanks for another day!
Sat. Nov. 26 th	Love is the greatest gift.
Sun. Nov. 27 th	Laugh and make the world a better place.
Mon. Nov. 28 th	Courage doesn't always roar...I will try again tomorrow.
Tues. Nov. 29 th	Peace I leave with you, not the world's peace...God
Wed. Nov. 30 th	Worry robs your day, and your tomorrow.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

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